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## **HEMI-SYNC® AND MULTIPLE SCLEROSIS: AN INTERVIEW WITH MRS. TRICIA BLILEY**

*by Shirley Bliley*

The following general information is gleaned from *MULTIPLE SCLEROSIS: A Self-Help Guide to Its Management* by Judy Graham [Thorsons Publishers, Inc., Rochester, VT, 1984].

The disease known as multiple sclerosis (MS) causes damage in widely scattered areas of the central nervous system (brain and spinal cord). The “white matter” of the central nervous system consists of nerve fibers which carry messages from the sense organs to the brain and from the brain to the muscles. It is also the “wiring” of the brain itself. MS attacks and destroys the insulating myelin sheath surrounding each nerve fiber, causing “short circuits” between the nerve pathways and additional interference as a result of scleroses (scar tissue) deposited when the body attempts to heal the damage. The disease consists of unpredictable periodic attacks (exacerbations) of indeterminate duration. Exacerbations can be triggered by extremely hot temperatures and excessive stress. In the periods of remission between these episodes, damaged areas may heal completely, partially, or not at all. Thus, the patient is never certain how much of an affected sense or function may be regained.

MS can be very mild or severely disabling. Symptoms include a characteristic, pervasive fatigue, muscle tremor and spasticity, loss of balance, “pins and needles” neuralgia or definite pain in various parts of the body, urinary incontinence and constipation, and blurred vision. Areas of the body may “go numb.” A disturbed sleep cycle and depression may also exist in varying degrees.

The etiology of MS is uncertain. Genetic and immune system deficits are suspected components. An allergic involvement is also a possibility. (Recent research [cited in a 1989 AP wire service article] suggests a possible link with the human T-lymphotropic virus, HTLV-I, which is similar to the AIDS virus). If this latter finding is confirmed, it could open new avenues of treatment.

MS is presently regarded as incurable. Anti-inflammatory medications such as prednisone and ACTH may give some relief. Adequate rest and regular physiotherapy or exercise according to the patient’s abilities are necessary. Some encouraging results have also been obtained by strict adherence to a healthy, high-fiber, low-fat diet rich in essential fatty acids (EFAs) and supplemented with vitamins, minerals, and additional EFAs derived from evening primrose oil.

In February 1989, and on several occasions in October 1989, I spoke with Tricia Bliley in her home in central Virginia. Since January 1988, Tricia has integrated the H-PLUS® Hemi-Sync® tapes into her resources for managing multiple sclerosis.

**HSJ - Tricia**, I appreciate your taking the time to talk with me and discuss your experiences in using H-PLUS® and other Hemi-Sync tapes to deal with the challenge of Multiple Sclerosis. Just to give the readers some background, when was the disease first diagnosed and what were the first symptoms?

**Tricia** - In April of 1986, I began to notice a tingling in my right arm and experienced some lower back pain. Chiropractic and other treatment didn't give me any relief. Finally, in October 1986, extensive diagnostic procedures confirmed that I had multiple sclerosis.

**HSJ** - Did other symptoms develop?

**Tricia** - Yes, overwhelming fatigue, blurred vision, digestive system upsets, and a "pins and needles" sort of neuralgia over my whole body.

**HSJ** - What was the initial treatment approach?

**Tricia** - I took the anti-inflammatory drug prednisone in 1986 and started on a high-fiber, low-fat diet with EFA (essential fatty acid) supplementation a year later.

**HSJ** - What were the results?

**Tricia** - Diet seemed to help the digestive problems some, but side effects from the prednisone were almost worse than the MS.

**HSJ** - How did you come to consider the Hemi-Sync technology as an adjunct to treatment?

**Tricia** - I learned of the Institute through a cousin who is a friend of Nancy McMoneagle, the director. When I called Nancy to discuss the possibility of coming to a GATEWAY VOYAGE®, she sent me a scholarship application, and I wound up at the January 1988 VOYAGE.

**HSJ** - What was the main value of that experience for you?

**Tricia** - Well, by that time I was having some trouble walking and the pain was pretty much unrelenting. In a tape session experimenting with various out-of-body techniques, while working on elevation up, I found there was no pain—for the first time in one and a half years. I knew that relieving my pain was possible.

**HSJ** – That's wonderful, Tricia! Following the VOYAGE, have you continued to use Hemi-Sync tapes?

**Tricia** - Yes. When I came to the VOYAGE, H-PLUS tapes weren't available to the public, but the Institute gave me laboratory copies to use on a research basis.

**HSJ** - Have you been using H-PLUS regularly since that time?

**Tricia** - H-PLUS and also some of the METAMUSIC® and EXPLORER tapes.

**HSJ** - Would you describe how you have used them and some of the results?

**Tricia** - Let me say, first, that in addition to the initial symptoms I had begun to have problems with bladder control and trouble sleeping. Also, the aches and pains had to be dealt with anew each day. As a consequence, I experienced some pretty drastic depression and mood swings (almost to the extent of paranoia). For a while I felt like a failure with H-PLUS because I hadn't been able to use it to heal the MS.

**HSJ** - And now?

**Tricia** - What I've realized is that the Functions have been very effective in dealing with and giving varying degrees of relief from day-to-day symptoms.

**HSJ** - In what particular ways?

**Tricia** - *Restorative Sleep* has been really helpful. Just giving the Function Command can start me yawning (usually I combine it with *Tune-Up*). *De-Tox:Body* is a favorite. I focus on body, mind, spirit, and aura while doing the Command and really feel a clearing effect. *Immunizing* and *De-Tox: Body* helped me through a couple of colds. Symptoms didn't seem as bad and they didn't seem to last as long. Using the Functions may have kept MS symptoms from getting worse then, too. During one exacerbation, *Light Foot* helped to get and keep me walking. *Short Fix* is another standby. I focus on the area of pain and give the Command. Frequently, the pain will fade or disappear but I usually have to do the Command more than once. I keep *Contemplation* "on board"—it makes me aware of what I do all the time. Generally, I use the Commands several times a day and precede whatever else I'm using with Relax.

**HSJ** - Over time, have you investigated other treatments or altered your approach to H-PLUS?

**Tricia** - Yes, to both questions. I'm seizing every possible advantage in coping with MS. In March 1988 I went to a clinic in Germany to undergo some calcium injections. Since that time, I've exercised in the temperature-controlled pool at the University of Virginia. Also, I've been receiving physical therapy to help maintain my muscle tone. My husband, Michael, does range-of-motion exercises with me daily, which the physiotherapist showed him. As for H-PLUS, I've gotten away from using the individual Functions so much and started to rely a lot on *Mobius West*.

**HSJ** - How do you use *Mobius West*?

**Tricia** - Since *Mobius West* is for patterning, I use it like a “lens” to focus my intention to get up and be able to walk. I give the Command for *Relax* and then do “Plus-Change, Change” while concentrating on the desired outcome. The time frame is the present. I hold in mind that the outcome will be for my greater good. The effect is to help me “marshal my forces.” Additionally, for most of my adult life I’ve been a heavy smoker (two packs a day), even more as a response to the stress and discomfort of having MS. I started to cut down during my GATEWAY. With use of *Mobius West* and as a result of insight gained from EXPLORER tape #9, I cut back to four cigarettes a day. I pattern to be a nonsmoker now and follow Miranon’s advice to smoke each cigarette consciously. On days when I’m really uncomfortable, it’s possible to slip back up to 7-10 cigarettes. They become a part of my strategy for distancing from pain.

**HSJ** - You mentioned benefits from Explorer #9. Have any other Hemi-Sync tapes been particularly helpful?

**Tricia** - Yes, I enjoy METAMUSIC, especially *Midsummer Night*. It helps me relax and keep a positive mood. Then I have less muscle tremor and better coordination when I’m weaving baskets for sale and as gifts.

**HSJ - Tricia**, it’s been three years since you were diagnosed with MS. How would you characterize your present situation and the value of H-PLUS at this point?

**Tricia** - Well, you know one of the characteristics of MS is that it’s cyclic. That is, there are the periodic exacerbations and you never know exactly what will be affected or what symptoms may remain. Also, there’s the fatigue and sensitivity to heat which are pretty much constants. I’m having one of these episodes now and all of the symptoms I’ve mentioned are quite severe. The pain is frequently intractable, almost like “lightning strikes” in my legs and other areas. It’s hard not to be depressed. H-PLUS is still an invaluable support in dealing with MS from moment to moment and that’s the approach I take at this time.

**HSJ** - Thank you again, Tricia, for taking the time to talk with me. You have everyone’s sincerest best wishes.